Claims

(1) A united flexible exothermic medium comprising a mixture of:

an exothermic agent which generates heat in contact with air; and

a water-absorptive polymer and/or a second polymer other than the water-absorptive polymer,

wherein said mixture is pressed with alcohol, a cross-linking agent, or a plasticizer under a prescribed pressure to be united.

(2) The united flexible exothermic medium according to claim 1, wherein said alcohol is ethanol, isopropyl alcohol, ethylene glycol, propylene glycol, or glycerin.

(3) The united flexible exothermic medium according to claim 1 or 2, wherein said cross-linking agent is to promote the cross-linking reaction between said water-absorptive polymers, between said second polymers, or between said water-absorptive polymer and said second polymer.

(4) A united flexible exothermic medium comprising a mixture of:

an exothermic agent which generates heat in contact with air; and

a water-absorptive polymer and/or a second polymer other than the water-absorptive polymer;

wherein said mixture is pressed under a prescribed pressure and also irradiated with light or heated to be united.

(5) The united flexible exothermic medium according to claim 4, wherein said cross-linking agent is to promote the cross-linking reaction between said water-absorptive polymers, between said second polymers, or between said water-absorptive polymer and said second

polymer.

(6) The united flexible exothermic medium according to one of claims 1 through 5, wherein a filler is added to said mixture.

(7) The united flexible exothermic medium according to one of claims 1 through 6, wherein said pressure is 100 - 8000 kg/cm^2.

(8) A heating element comprising said united flexible exothermic medium described in one of claims 1 through 7.

(9) A heating element comprising a united flexible exothermic medium, wherein one surface of said exothermic medium is exposed to air and the other surface has an adhesive.